

Active Play, Every Day at Home

Narrator: Done with Tummy Time? What's next? Finding time to keep up with your child can be challenging. Toddlers need at least an hour of active play throughout the day to grow up strong and healthy.

A few minutes at a time add up quickly and you might find yourself having fun too! Turn on some tunes and have a dance party. Make a safe obstacle course in your living room. Play Simon Says. Try some toddler yoga, and don't forget to build active play into your daily routines.

Of course, on a nice day, the best thing to do is head outside! Get in some active play every day; It'll help your child develop important physical skills and help them learn by exploring.

And bonus: It'll help them maintain a healthy weight, sleep better at night, and build a strong relationship with you.